

# *Nourish Taste of Sicily Tour*

*20<sup>th</sup> – 30<sup>th</sup> September 2025*



Join me for an amazing 10 days in Sicily where we will taste and experience this truly amazing island. This is a bespoke small group tour hosted by me (Vicki Ravlich-Horan, editor and owner of Nourish Magazine) and lead by our expert local guide.

We start the evening of the 20<sup>th</sup> September in the capital of Sicily, Palermo. We'll meet for an aperitivo before heading to one of the many wonderful dinners during our stay in Sicily.

Our first day see's us head into the heart of Palermo. As we walk through the streets of this city, taking its faded charm, soaking in its history and of course tasting the food. Palermo is known for its street food so we are in for a treat as we wind our way through the markets.

*"There is something great about a small group of kiwis, somewhere in the world, enjoying a country and its experiences from the security of their group. Sicily was all about DOP, and boy did we get a good taste. I so appreciated that we were on a food trip, but Rosario made sure we appreciated the historical context of the island and the wonderful food stories that came out of that history. Think of those salt pans, dating back to 2 centuries before Christ!" – Andra*

## Trapani, Erice, Marsala



For the next two days we are in the Trapani region. We'll wind our way up to the picturesque town of Erice.

Towering over the west of Sicily at 751m above sea level and often covered in its own personal cloud, Erice is a wonderfully preserved Mediaeval town offering the most breathtaking views and a palpable sense of history. Splendour and charm, traditions and stories of the past, beauty and wonder: you breathe all this in as you walk through the streets of Erice, one of the most beautiful villages in Italy.

Here we will stop for a coffee and traditional Sicilian pastry from Maria Grammatico.

<https://www.mariagrammatico.it/storia-di-maria-grammatico/>

We visit a restored monastery where we will roll up our sleeves and going to learn to make a local dish with the expert hands of the ladies from Cucina Sicilia, a local group helping preserve local recipes and traditions.

*“Wow what a way to explore Sicily - The small and intermit nature of the trip made it extra special. A perfect way to explore the island of Sicily with passionate knowledgeable local guide, supremely organized tour leaders and equally passionate adventurers and foodies. Be prepared for an action-packed week that really does showcase the diverse landscape and cultural offerings of Sicily.”*

– Mandy





The next day we visit the ancient salt pans of Marsala. We'll have the private guided tour and tasting by of one of the few families left that still producing Salt in the area before we get a boat ride to Mozia Island where we will enjoy a picnic lunch, Sicilian style.

Mozia is also called Mothia, Motya and other variations on the original Phoenician name of the ancient town, which was an important colony of Carthage, the Phoenician-founded city in north Africa. The Carthaginians were crucial in the ancient history of Sicily, building, conquering and losing settlements, generally fighting (though sometimes allied) with the various Greek cities in Sicily. However, it is quite rare and exciting to see such extensive Carthaginian ruins in Italy, and so much evidence of Phoenician culture.

We'll end the day with a cellar tour and wine tasting and nibbles watching the sun set over the vineyard at Baglio Donna Franca.

*"This food tour to Sicily whetted the appetite from the outset. This is a tour that I would love to do again, with a family group and again with groups of friends. Having said that, I have made some very special new friends that I have already continued contact with. The stunning history, the surprising (and gruesome stories), the buildings, the challenges of roaring around harrowingly narrow streets in a Fiat Bambina, the markets, the food, the wineries, the people, all put together made the most magic tour. The range of experiences were unique from the amazing salt farm (one of my favourites) to wining and dining in a palazzo, Mt Etna, everything formed an absolutely unforgettable experience. Vicki and her team were the 'icing on the cake.' we could not have had a more fun, inclusive and experienced team. There will be people queueing to be part of the 2024 tour." – Kathy*

# Agrigento



For the next two days we will be staying in the heart of Agrigento. We will visit a local cheese maker making the traditional sheep cheese of the area along with fresh ricotta.

What goes with cheese? Wine! So, we are off to Planeta winery.

Planeta Winery is recognized as the leading wine estate in Sicily. For five centuries and seventeen generations this family have been growing grapes and making wine in Sicily. They have most recently gained a reputation and respect for being pioneers in matching local soil types to both native Sicilian wine varietals and international grapes and their sustainable ethos.

There will be time to relax and recoup after a hectic few days. Relax by the pool, stroll through the olive grove or join me for a visit to a local village/beach.

Before we leave Agrigento we will take in the magnificent Valley of the Temples as the sun sets.

*“Honestly, I've struggled with the answer when asked what my highlight was as it was all just so good but the Pasta class and lunch and then being able to meet 'Maria' from Bitter Almonds in Erice was up there! Loved the sunset wine tour and tasting, loved the Planeta lunch and the last lunch on Etna too and the markets...” – Pip*



## *Modica, Noto, Ortigia*



We are heading to the fabulous baroque Val di Noto. This region was devastated by an earthquake on 1693 and the towns rebuilt in the beautiful baroque style.

In Modica we will zip around the tiny streets in quintessential Italian Fiat Bambinas. We will learn about the traditional chocolate.

We'll visit the stunning town of Noto for granita and other sweet treats at Caffè Sicilia (check out the Netflix, Chefs Table episode on this magic place).

After a lunch in the heart of the market we'll stroll around the ancient streets of Ortigia, which was once the largest and most important city in Ancient Greek world.

*“Vicki's local knowledge was great and her expertise in all matters food and wine related added another level. This is a tour that opens up experiences not normally available due to the knowledge of the local guide. So many wonderful experiences.” – Kay*

## *Catania, Etna and Taormina*



For our last three days in Sicily, we will head up Mt Etna, one of Europe's most active volcanoes. The slopes of this volcano is also very productive.

We will lunch at the wonderful Barone di Villagrande, where they have been cultivating vineyards on Etna since 1727.

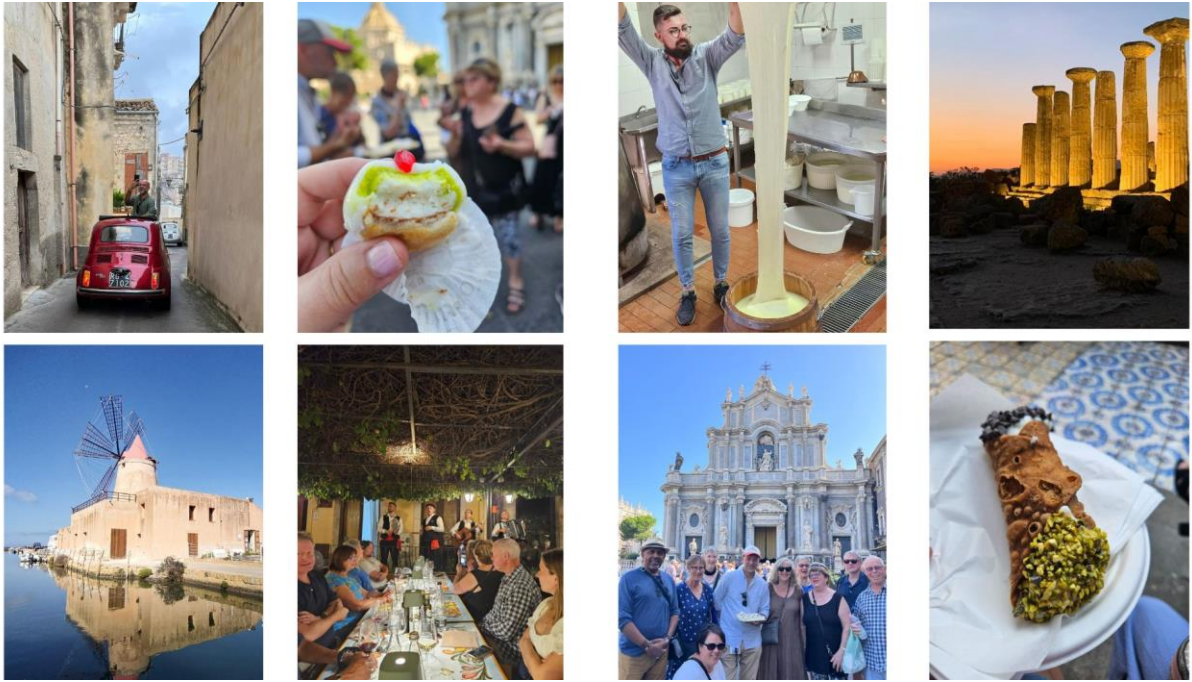
We will visit Taormina, made famous most recently by the White Lotus series. Here you can explore the magnificent medieval town, indulge in some retail therapy or visit the Greek theatre before we enjoy an aperitivo while taking in the gorgeous view.

We will head in to the bustle of Catania where we walk through the vibrant markets bursting with local produce. Here we will pick up supplies for us to be able to make our final feast in Sicily.

*"I felt extremely well looked after, and you all certainly went that extra mile for us each day" – Kathy A*

*"Loved it Vicki. We had so many different experiences and tastings which I would never have experienced on an individual trip." – Ngaire*





## **\$8995pp (twin share)**

Dates – 20<sup>th</sup> -30<sup>th</sup> September 2024

Starting in the afternoon of the 20<sup>th</sup> in Palermo, finishing the morning of the 30<sup>th</sup> Catania.

- Palermo and Catania both have international airports with connecting flights to various destinations in Europe. Feel free to get in touch with us if you need advice on flights, transfers from Palermo airport to the hotel or extending your stay in Sicily.
- 20% deposit is required to secure your spot
- Single supplement \$2600
- The tour does require an average level of fitness, at least three of the days are spent on our feet walking around the beautiful towns. Any concerns please get in touch to discuss.

The tour includes -

- 10 nights accommodation (double or twin share)
- 10 breakfasts
- 9 lunches
- 7 Dinners
- Local Sicilian Guide + Kiwi host
- 2 cooking classes
- 3 winery visits and tastings
- Local delicacies including Chocolate of Modica, Marzipan of Erice, Arancini of Palermo, Granita of Noto, and more
- visit to a cheese factory
- 3 food market visits
- 3 UNESCO Sites visits (one with expert local tour guide) and 1 National Park visit.